

# ABOUT OUR GYM

## GYMNASTICS ETC. INC.

**\* U Try \* U Learn \* U Succeed \***

**Trudie Miller & Beth Coons**

1760 Profit Drive  
Greenwood, IN 46143

(317) 888-8184  
[www.gymetc4u.com](http://www.gymetc4u.com)

## **We Offer a Variety of Classes**

### **Recreational Gymnastics Level 1 - Kids In Motion -**

Classes are specifically planned for under 2 years of age. This is our class where an adult participates by guiding the child under the direction of the coach.

"Baby Stars" is also offered for children 6 weeks to 12 months.

### **Recreational Gymnastics Level 2 - Shining Stars -**

Classes are specifically planned for pre-schoolers to teach important motor skills in a fun environment. Includes age appropriate instruction on equipment scaled to their size.

### **Recreational Gymnastics Level 3 - Age 6 & up -**

Includes instruction on floor exercise, balance beam, vault, and uneven bars, and trampoline.

### **Recreational Gymnastics Boys - ages 5 & up -**

Includes instruction on high bar, parallel bars, vault, pommel horse, floor exercise, and trampoline. This class is taught by a male coach.

## **We Offer a Variety of competitive Teams**

### **HOT SHOTS -**

A introduction to competitive gymnastics. Must have base skills to join. Non-sanctioned meets at our facility only. A pre-requisite to joining our Jr. Olympic Training Program.

### **TRAINING TEAM -**

Next step from "Hot Shots" to our competitive team. Must have Level 2 and Level 3 skills. Non-sanctioned meets only. Jr. Olympic Training Program.

### **"A" Team -**

Our competitive team program that practices several times a week. Only girls who have passed through our "Training Team" program are eligible for this team. Jr. Olympic competitions 6-7 times per season.

### **BOYS TEAM -**

Boys competition team with male instructor. Monthly Jr. Olympic competitions.

### **CHEERLEADING -**

For girls ages 6 and up interested in competitive cheer.

We also offer a "tumbling" only class for anyone working on tumbling skills for cheerleading.

## **About Our Staff**

The entire staff at GYMNASTICS ETC. is committed to children and their safety. All coaches are safety certified through USA Gymnastics. They also frequently attend coaching conferences and seminars.

### **GIRLS TEAM COACHES**

Beth Coons  
Melanie Coons  
Theresa Reedy

### **BOYS TEAM COACH**

Levi Coons

### **CHEER COACH**

Katie Crites

### **OFFICE STAFF**

Myrtle Dalton  
Trudie Miller  
Kim Sedam

## **We also offer:**

### **ADULT DANCE**

Trudie Miller

### **ZUMBA**

Melanie Coons

## **WHERE THERE IS SOMETHING FOR EVERYONE !**

The BENEFITS of a good gymnastics program are endless. Gymnastics in itself teaches physical strength, psychosocial skills and other valuable traits, important in the development of children.

PHYSICALLY, gymnastics provides a wide background of benefits, including being the strongest and most flexible of all athletes. Gymnasts are also very good at both static and dynamic balance. They learn to fall without hurting themselves, which helps prevent injuries in most sports.

MENTALLY, gymnasts tend to do very well in school. As with other sports, gymnastics provides the opportunity for students to learn teamwork, fair play, dedication and sportsmanship. In addition, gymnastics is difficult to perform, thus making learning time longer than most sports. This longer learning time teaches patience, dedication, perseverance and planning. In a world of "quick fixes", gymnastics helps students work hard for Goals that may take years to achieve.

OTHER ADVANTAGES include being able to focus on an activity while blocking out things going on around them. This is a very beneficial skill needed for school and other aspects of life. In addition, time management skills are learned, a skill taught to the youngest of gymnasts, which they carry with them FOREVER.

## **SAFETY is ALWAYS our #1 PRIORITY**

### **STATE of the ART EQUIPMENT**

American Balance Beams  
AAI Uneven Bars  
AAI High Bar & Rings  
Regulation Size Spring Floor  
Fast Trak (for tumbling)  
Trampoline in the floor  
Beautiful 1000' wood dance room

### **Beth Coons & Trudie Miller Owners, Coaches, Judges**

- \* **Member USA Gymnastics**
- \* **Member AAU Gymnastics**
- \* **Member N A W G J**